



ANZCA
FPM

TE REHUNGA
ME NGĀ TAMARIKI

PĀRONGO TŪRORO 4

I muri i te rehunga o tō tamaiti

I muri i te poka ka whakamutu tō kaitukurehunga i te whāngai rongoā rehunga ka tīmata te tukanga whakaoho. Kia haumarū rā anō, ka arahina tō tamaiti e tō kaitukurehunga ki te wāhi atawhai muri-rehunga (PACU) ka hoatu ngā mahi ki te tapuhi whai whakangungu mō te rūma whakaora, māna e aroturuki haere te oranga o tō tamaiti i te roanga o te wāhanga whakaoho, e mātua whakarite hoki he hāneanea, he haumarū anō tō tamaiti.

Āhea e taea ai e taku tamaiti te kai me te inu i muri i te poka?

I runga i ngā tohutohu mai i tō kaitukurehunga, mātanga poka hoki ka tono kai, inu hoki pea te tapuhi whakaora i muri i te ohotanga mai o tō tamaiti.

Ka pāngia taku tamaiti i ngā pāngia tuarua

He pūkenga ngā tapuhi rūma whakaora ki te aromatawai i ngā raruraru pēnā ki te auhi, ki te hiakai, ki te hiainu rānei. He wā anō, kua kōmingomingo, kua pōraruraru ngā tamariki i te ohotanga mai i te rehunga whānui. Ehara tēnei āhuetanga i te āhuetanga taumaha, ka tere mutu, kua kore te tamaiti e maumahara ki tēnei i te nuinga o te wā. He mea āwhina pea mā te nohinohi i tēnei wā, ko tētahi taonga tākaro taunga ki a rātou. Mehemea e tika ana, ka hoatuna pea he rongoā whakatau i taua kōmingomingo.

Me whiwhi taku tamaiti i te atawhaitanga i muri i te rehunga?

I muri i te poka kotahi rā, e āhei ai tō tamaiti ki te hoki ki te kāinga i muri i te whakaaetanga mai ā te mātanga poka me te kaitukurehunga he haumarū, he pai hoki ki a rāua te āhua o tō tamaiti. Ka hoatu ngā kaimahi tapuhi whakaora i ngā mōhihio mō te atawhaitanga o tō tamaiti i muri i te poka, tae atu ki te whakahoki i ngā tohutohu i hoatu ki a koe e te kaitukurehunga i mua i te poka. He mea āwhina tēnei i a koe ki te aromatawai me te atawhai i tō tamaiti me tōna oranga ngākau i te kāinga.



Hei mana tātaki mō te rehunga ki Ahitereiria, ki Aotearoa hoki. Ko tā ANZCA he whakaputa mōhihio whai taunakitanga e wātea ana ki te katoa hei āwhina i a koe ki te whakatakoto whakatau i runga i te mōhihio. Karapahia te waehere QR kia haere ki tō mātou paetukutuku anzca.edu.au. He aratohu anake tēnei mōhihio kua mō te whakakapi i ngā mōhihio mai i tō kaitukurehunga.